

QC

FASHION:

Expectant mom wears rocker style with pride
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An adventure to Saskatchewan's Big Muddy Badlands
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Grassroots Regina brings traditional folk artists to the city
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HER JUST REWARD

**LAWYER SUSAN BARBER
ADDS A NEW DISTINCTION
TO HER REMARKABLE CAREER
P. 7**

FREE

FASHION

What's your favourite look for fall?
Send a photo to QC@leaderpost.com

REGINA FASHION

Alysia Czmuchalek: Rock and roll family

By Ashley Martin

She's seven months pregnant, and Regina resident Alysia Czmuchalek is wholeheartedly embracing her bump.

"I've just don't want to find it affects me, because then you put kind of a little overweight instead of just feeling pregnant, so I like showing it off," said Czmuchalek.

"I wear lots of the tighter belts that show off my tummy or a t-shirt short to show off the tummy and it doesn't bother me in the least."

The mother of two — six-year-old Jesse and two-year-old Jake — tries to adapt maternity fashion to match her everyday rockabilly look.

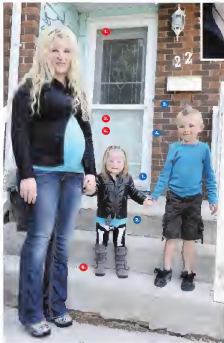
"I think it's because everything else feels so out of place, so to put on something a little more edgy, more style, more rock makes you feel good about yourself, because nothing else. It's maybe the way it's supposed to be more."

She's always loved rock and roll style. Her favourite bands are Rob Zombie, Alice in Chains and Nine Inch Nails. Music inspires her fashion sense. "As long as it looks good and we're comfy."

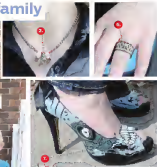
"We" being her two kids, who she dotes out in rock-inspired looks. "Jake is getting older so he likes to pick his own stuff now more, but he still likes the look too. And she's perfect because I can still dress her."

Czmuchalek usually tries to match the kids' looks, sometimes it happens that the three of them match each other.

The family tends to shop online or in warehouses, because "It's hard to find rock or metal stuff or anything that's a little different in Regina." When she can't find exactly what she's looking for, she'll alter it — "sewing my own way kind of reverts to that way or embellish it my own way, because sometimes it's hard to find exactly what you like."



Alysia Czmuchalek with her rock and roll kids, Jesse (center) and Jake (right). QC PHOTO BY TON HEAR



ALYSIA

1. HAIR "I actually got clip-ons this time. I used to dye it all the time but it bleeds, and I colour all my hair grey."

2. NECKLACE "We went to Vegas and we saw a little guy at a kiosk and he had the look nailed in our rings. That's my main piece of jewelry that I wear."

3. SHIRT "Slay Sheer."

4. TANK TOP "Slay Sheer."

5. JEANS "Below the Belt."

6. ENGAGEMENT RING "Las Vegas. It's a kind of an emerald or onyx look, not so clear-cut."

7. SHOES "Iron Fuc.com, best damn online. They glow in the dark."

JOSS

1. JACKET "Superhero."

2. EVERYTHING ELSE "ebay."

JAKE

3. BLUE HAIR GEL "Walmart."

4. SHIRT AND SHORTS "H&M."

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ON THE COVER P. 7



On Sept. 20, lawyer Susan Selter is receiving a University of Regina Alumni Governing Achievement Award. QC PHOTO BY DON HEALY

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Blending makes for balanced wine

MY FAVOURITE PLACE P. 5



Don Healy stands with favourite place in Regina: the Carmichael Outreach community garden. QC PHOTO BY DON HEALY

QC COVER PHOTO BY DON HEALY

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IN THE CITY

SEPTEMBER 7, 2013 — 4:02 P.M.

Riding the rail



Jared Nelson practices his skills at the Skate Plaza near the Saskatchewan Science Centre. The plaza was designed for street skating by incorporating urban street elements into the design. GC PHOTO BY MICHAEL BELL

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE PLACE

Sowing seeds of community in Carmichael's garden

By Vanessa Brown

After a long day preparing as many as 250 meals for some of Regina's most vulnerable residents, there's nothing Nic Olson loves more than visiting Carmichael Outreach's community garden.

The 31-year-old cook and co-ordinator at Carmichael's food recovery program says planting has found its way into the fertile soil it's akin to therapy. Growing nutrient-rich vegetables that find the organization's many clients is just icing on the cake.

Q: What does the community garden mean to its fourth-year employees?

A: It just really represents the community we're in. Every time I'm out there picking weeds or planting or putting up garbage in that one lot, there's always people that come up and talk to me about their garden when they want a kid, or just giving me tips about the garden, or helping me pick weeds. When there's some thing like that in a community, I think it's pretty important.

Q: It also fosters people. What do you grow there?

A: This year we did four major crops. We did potatoes, tomatoes, beans and carrots, because I figured those would be easier for me to use in the kitchen here. We also grew some Swiss chard and zucchini, some onions and peas. And whatever is too much for us to deal with, whether we don't have time to chop or wash, we just put out as bins for people to take as they find they need it.

Q: What types of meals do you prepare with the produce?

A: Right now we have a whole bunch of potatoes left over, so we chopped up a bunch of those, put them in the oven with some brown, sugar and some carrots and roasted it up. It ended up being really quite easy.

Q: Describe one of your first clients visiting the garden.



Nic Olson in the Carmichael Outreach community garden located in the lot next to South Harbour Rescue Mission on Halifax Street in Regina. QC PHOTO BY BON HUI

A: I had to clean up the garden at the end of the season last September. So I went there with another worker and we just started for quite a while. We made quite an impression on me. I found that it's really important to the community. People respect the space. They take care of it.

Q: How often do you visit the garden?

A: I used to check it out two to three times a week. Now that I'm working full time as the kitchen, I don't get there as often. It's about once a week just to check it out and clean up and pick vegetables.

Q: How long have you been gardening?

A: I grew up gardening with my

parents (in White City). We always had pretty massive gardens in our yard. It's always been a part of my life. I really enjoy doing it. I think it's just some sort of therapy. When you're a kid, picking weeds sounds like hell, but now it's the most powerful thing I can think of doing. If I ever see a weed, I have to go pick it.

Q: How does it feel using fresh food produce in your meals at Carmichael?

A: I really enjoy that job, because sometimes fresh food is something that we don't get lots of, and this time of the year we get so much stuff and it really helps balance out the meals we get to serve in order where (our clients) are at least approaching a balanced diet.



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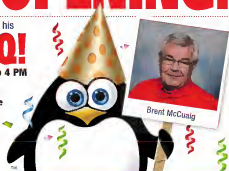
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ON THE COVER

I went from lifeguard to lawyer. It was tough to get out of the bathing suit and into the pantyhose, I'll tell you. — Susan Barber

10 OF 18 ALUMNI CROWNING ACHIEVEMENT AWARDS

From the law to the beach, Barber enjoys life



Susan Barber has practiced law at the McDougall Gauley firm for 20 years. She's a life lover — so much so she's on the cover.

By Ashley Martin

Any person who has probably heard the misconception "there's no winter in Saskatchewan" from an outsider Susan Barber knows better.

"I went from lifeguard to lawyer. It was tough to get out of the bathing suit and into the pantyhose, I'll tell you."

While growing up in Saskatoon, then Regina through high school at

Luther College, Barber spent every summer at Regina Beach. Her dad Lloyd and mom Dana would load up their six kids every weekend without fail.

"We came to the beach via car

shove, moon, wind, or hail."

When Lloyd was appointed the second president of the new University of Regina in 1995, the weekend trips got a little shorter.

Today Barber still spends summers

on Last Mountain Lake. She and her husband Gary Benson have a house at Sunset Vista. Spending time at the lake, cruising on her 20 foot Sunstock boat. In the "centre of my world."

Continued on Page 8

I think the first thing I remember about her is what a great sense of humour she had. She's a great lawyer and has been tremendously successful. — Gord Kuski



Grandma Susan Barber and husband Gord Kuski attend the Roughriders' Labour Day Classic at Moose Stadium on Sept. 7. GC PHOTO BY MICHAEL SULL

It's a nice reprieve from her busy job as a partner at the McIlwaggin Gaudy law firm, where she has made a name for herself as a 35-year career IS of those in partner.

She landed there out of law school because of Gord Kuski.

"That's got to be one of the best decisions I ever made," said Kuski. "She's just bright, articulate and I think the first thing I remember about her is what a great sense of humour she had. She's a great lawyer and has been tremendously successful."

But Barber's career was a bit of a roller coaster. As a student at the U of R,

working toward her bachelor of arts in English (which she received in 1984) with Great Distinction, she'd planned on becoming a journalist. She wrote the LSAT on a whim and "before I knew it I was going to law school at the University of Saskatchewan," said Barber. "I always thought of lawyers as politicians and I had some interest in politics. But I wrote the LSAT and applied to law school and I got accepted and off I went."

Since graduating from the U of S in 1985, she has received a YWCA Woman of Distinction award (2009), was named a Woman of Influence by

Saskatchewan Business Magazine (2007) and was listed by the Women's Executive Network among the top 100 most powerful women in Canada (2010).

The latest honour will come at next week's U of R Alumni Crown for Achievement Awards, where she'll receive the Dr. Robert & Norma Ferguson Award for Outstanding Service. She's grateful, especially because she knows the people.

"When men and dad would have gatherings, which they frequently did, in connection with the university I would often see Bob and Nor-

ma Ferguson and get to know them really well. So to get an award that they created is just the topping on the cake."

She's aware of the accolades that stem from her career in labour and employment litigation, but there's no ego about her.

Sue Barber treats everybody with much respect and grace," said U of R president Vanessa Timonson, who studied closely with Barber during her six years on the university board of governors. "Anyone who meets her, whether it's an international student or it is the president,

she treats everybody she meets exactly the same, with generosity and warmth."

Indeed, Barber seems to lead back a person you could find. And she doesn't like to blow her own horn.

"I think I've just been lucky and as the right place at the right time," said Barber. She credits her fortune with having a wide network of people dating back to high school and university — friends of her siblings, friends of her parents, and so on. Regina is "a smaller centre so you can be part of a bigger fish in a smaller pond."

Anyone who meets her, whether it's an international student or it is the premier, she treats everybody she meets exactly the same, with generosity and warmth — Vianne Timmons

As most young lawyers do, she began as a clerk of all trades. She gradually carved her niche: "because there wasn't really anybody occupying it" at that time.

It was a clever move, said Kink, as "she's highly regarded in that field today."

Her interest in management issues and employer-employee relations is something she still can't explain, but she's still challenged by it after all these years.

"There's barely a day that goes by where I'm not doing something that is either different or a first. There's always something where you say 'Gee, I've not seen I've come up against that before.'"

Since 2006, her work has also included adjudicating Indian residential school claims. She has decided upwards of 400 claims to date, and it makes up almost half of her practice now.

It's a lot different than the methodical nature of her regular work.

"They're not the best stories to hear," said Barber of the claims. "You just have to focus on the task at hand and recognize that you're trying to assist... You like to help you're also giving them a chance to hear because part of this is they've just kept it inside for so long."

Difficult stories like "the little old lady who was 70 years old, who lost a child, got locked in a closet by a teacher or a man, and she would sit there in front of me with tears rolling down her face and tell me about being afraid of the dark."

In hearing stories like that, staying impartial is sometimes a challenge, but Barber endeavours to be sympathetic yet dispassionate.

"I am not the therapist and I would never like to lend a classroom to think that I'm their best friend and I'm there to do everything for you. I am the adjudicator, I'm going to make a decision about their claim at the end of the day."

"Some of (their stories) are quite gut wrenching but you just have to steel yourself and try to keep your emotions in check because the last thing you want is to burst into tears. A claimant might appreciate that but the representative from Canada is going to think 'How low spirited are she?' So although a lot of them are very difficult stories to hear, I always try to maintain just composure but you're kind of dispassionate. You definitely have a role to play and it's not so an advocate or a participant, it's as the adjudicator."

Barber's contract goes until 2017 and may be extended. There are thousands of claims left to be heard by the 186 area adjudicators across Canada; many of these claims are from Saskatchewan people.

"This has sort of taken on a life of its own, so I'll be at it for a while."

♦ ♦ ♦ ♦

In addition to working 10-hour days, Barber finds time to volunteer.

She spent six years on the U of R board of governors (two as chair), was chair of USC and was on the board of the Saskatchewan Foundation. She's a fan of the team logo and was involved in many other campus issues. She's now chair of the Saskatchewan branch



Susan Barber is one of about 200 adjudicators in Canada for the Indian Residential School claims process. (A PHOTO BY BUNNHEALY)

Some of (their stories) are quite gut-wrenching but you just have to steel yourself and try to keep your emotions in check because the last thing you want is ... to burst into tears. —Barber

In that way, she's like her father who died two years ago.

"My dad was so busy he was on so many boards he was all over the place."

She remembers a newspaper article about him that said something to the effect of: "What's the difference between Lloyd Barber and God? God is everywhere." Lloyd Barber is everywhere except Regina.

While her father was busy her mother was the glue that held the family together.

"I think it's the combined influence that gave all of us a really strong work ethic, a real commitment to not be lazy, to be honest, just real loyalty and strength of family."

That extends to her marriage to Ben and also relationship with her six step children. It's evident she's proud of them all, and her three grandchildren.

He is seen retired, but work rears on as the horizon as her father. Though

she has no intention to be a judge or do anything grandiose, she's happy to continue with the work she's doing for a long while yet. She's only 58, after all.

And when she's not working, Barber amuses herself with activities — skating in the winter, skiing during its tropical seasons, and working out at Level 18 where her daughter or son is her trainer — or reading the "West gothaler" by John Graham or Lee Childs, or cheering on the home team from her seats behind the Baker bench at Moose 18a down. Her great uncle Gordon Barber played for the 1981 Roughriders.

One thing is certain. She's a few letters from golf for life.

"There was always that part of me as well that felt like, Gosh, can I just always going to be in the province, should I I spread my wings?" Then at the end of the day I guess you are who you are and I am rooted pretty firmly," said Barber. "I can't imagine leaving."

U of R Alumni Crowning Achievement Awards honorees

Here are Barber's fellow honorees at this year's U of R Alumni Crowning Achievement Awards, being held Sept. 20 at the Canwest Arts Centre:

Outstanding Young Alumn

Amber Fletcher

BA '06 (High Honors)

Now a PhD candidate at the Johnson-Shoyama Graduate School of Public Policy, in 2012 Fletcher shared her research on farm policy and climate change's impact on women with the United Nations Commission on the Status of Women.

Lifetime Achievement

Ken Sengstack

BA/Min '70

In a long public service career, Sengstack worked in Ottawa and around the world. His most recent position was as assistant deputy minister of Foreign Affairs and International Trade (Asia and Africa) and chief brand coordinator for Canada. Now retired, he volunteers on the board of CAMC Canada.

Distinguished Professional Achievement

Martin (Marty) Klyne

BA/Min '76 (Distinction)

Since obtaining his degree over eight years while working full-time, Klyne has had a varied business career from banking to printing to entrance furnishings. He has been at the helm of several enterprises and, most recently as publisher of the Regina Leader-Post and Saskatoon StarPhoenix.

Distinguished Humanitarian & Community Service

Maria Stefan

BA/Min '74

Stefan's successful investment business is the heart of her achievements. He is committed to community service and has served in myriad volunteer roles in sports, arts, health-care, church and culture — the list goes on. He has chaired two international meetings for HumanityBuild and is co-chair of this year's Gray Cup football committee.

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CITY FACES

FIRST NATIONS UNIVERSITY OF CANADA

Tony Cote a living legacy

By Kerry Benjoe

Retirement proved to be the best move Tony Cote ever made.

After a life of politics, at the age of 88, he decided to move to his resort and spend the rest of his years relaxing and enjoying life.

After leading the charge against the Canadian government to cut private First Nations veterans for their services, he thought he achieved what he needed.

"The idea of enjoying a sedentary life lasted about nine months. 'I got tired of doing nothing,'" said Cote.

So he moved back to Regina and contacted the communications and asked if they still hired veterans.

"They said they did and asked me where I wanted to be," he said.

He indicated his preferences would be at the airport or at the Legislative Building.

"They said, 'No Tony, I've got a better place to be you.'"

He was assigned to the First Nations University of Canada, which had just opened its doors in the fall of 2011.

Cote said it was the best thing that ever happened to him.

Now, at 78, he says the young people keep him young.

He starts his day at 6:30 a.m. at the university where he provides security as well as a welcoming line for all who enter the building.

Jennelle Menden, a FNUI law student, considers Cote one of her good friends and a respected elder.

"He brings life to the school," she said. "He greets everyone. There are those when I bring him coffee or breakfast."

Menden said she equates Cote with FNUI.

He began attending in 2006 and after a couple years she took two years off school. When she returned, many of her classmates had completed their studies, so that first day back she was anxious to see a friendly face.

She walked into the building and



After a life of politics, elder and former chief Tony Cote enjoys his position with the communications at the First Nations University of Canada. (COURTESY OF TONY COTE)

was relieved to see Cote sitting at his desk at the Airbase.

"I have so much respect for him. He's accomplished a lot."

Cote not only leads the charge to have First Nations veterans compensated by the federal government, he is the founder of the First Nations Veterans' Games, which eventually gave rise to the North American Indigenous Games.

He is also a residential school survivor and one of the Saskatchewan

chiefs who worked to establish the first college for aboriginal students, which eventually became FNUI.

Now to be able to sit and watch over the FNUI is Cote's biggest pride. He said being at the university is not a job.

"It's good to see that we built something that everyone can enjoy," he said. "It's nice to see that."

He said everyone in the building works well together.

"They are a good team."

Because he provides security for the building, he knows it every nook and cranny.

"I pretty much know everything that goes on here. I usually find out one way or the other. It always tells them they don't have to tell me anything. I just observe. I'm a good observer."

After nearly a decade at the FNUI, he still enjoys starting at 6:30 a.m. and still counts down the days until students fill the halls again.

"I missed the kids — it was a hard summer," he said before the fall semester had started. "I don't like it when I have a summer like this. It's so quiet. I will be glad when they get back."

Cote is always willing to help the students wherever he can, whether it's sharing stories or helping them with a traditional language lesson.

"It makes me proud to see them be successful," said Cote.

tonycote@fnui.org

INVENTORY

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SCRUBXURY SUGAR AND SALT SCRUBS

When Magi Bruce went to a spa with her mom, she loved the sugar scrub they used on her hands. When she learned they made it in-house, she thought, "If they can make it, I can make it." Since last October, she's been selling her Scrubxury Sugar and Salt Scrubs on Etsy, an international online marketplace, the apposite from her Scrubxury home. Retailers in Winnipeg and Scarborough also sell her products. "What started with a few low-rented scents has expanded to include 30 different fragrances, including her favourite, 'pink lady' cucumber, and fun, man-friendly 'tuxedo' scents. Each product is made to order from mostly natural ingredients.

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NEXT WEEK: What iPhone/iPad/video/computer games do your kids love? Email QC@leaderpost.com

® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

Were your pregnancies different from one another?



"Totally. The first was an emergency C-section after three days of labour. The second was all natural, no drugs or anything when hours." — Rhonda Fleck Schneider

"Very different! The second one I can smell all kinds of things I usually wouldn't have noticed!" — Courtney Mims

"My first three pregnancies were very long ago and all pretty unremarkable. Being older the second one around it was much harder on me. I tried easier for sure! After losing four boys, the 2nd was by far the worst pregnancy. I hope that's not a sign of things to come!" — Carla Contreras

"By 10 weeks I ate while pregnant with my daughter I was sick. The opposite happened with my son, I was only sick when he was 1 eating!" — Judy S.

"Very different! I did however go into labour at the exact same hour with both babies. It was strange!" — Jean Lister

"First one I was super hungry all the time and super tired with a sore back. I was older sick. Second one,

I didn't have the appetite and was sick all the time (I was positive for DeMott's). I was still super tired but no sore back. Both were born healthy! ID like AOL shows that even child pregnancy is different!" — Krista Doornick

"They were all different! I do feel that as I get older the harder it is. I am more tired and have gotten more uncomfortable earlier on. All my pregnancies have been different. At the point all food is equal opportunity! My emotions even changed from 1st to 2nd pregnancy. I was pretty happy!" — Alexa Caruso-Hale

"Very different — with my son I always wanted steak and was always tired. With my daughter it was toast and pizza bread and I was always crying!" — Lisa Mader

"I had them very different pregnancies. My first one was moderate morning sickness and had to go to work as a driver when my second was so severe I had to be put on 16 hours and received a prescription that knocked me out. My second was almost emergency C-section and the only child I went into labour with on my own. My third was a VBAC and my shortest labour!" — Janet Davis-Riemer



Starling is from Alliance Photo. 1/10

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DAY TRIPS

Have you been on a perfect Saskatchewan day trip?
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THE BIG MUDDY BADLANDS

Castle Butte hill amazing from top to bottom

By Tim Switzer

As we drive down Highway 36 a couple hours southwest of Regina, the scenery looked just like that of any other rural highway in Saskatchewan.

The fields stretch on for miles, the odd farmhouse sits surrounded by barns and machinery, and oil pumpjacks dot the landscape.

But then, just a few kilometres south of Bengough, we found what we had come for as the ground dropped out below us into the Big Muddy Valley.

The valley itself, with its exposed rock layers and the odd farm and incredible formations, looks more like something you'd expect to see in the hills of Alberta or south Dakota. We found ourselves stopping to take photos all along the valley floor thinking the scenery wouldn't be outside it was every other mile we drove.

There's dozens of attractions in the area (listed roughly) by the triangle created between Bengough, Wilkie Ranch and Coronach, but I'm not convinced any match the natural beauty of the valley itself.

Formed during the last ice age by melt water and so named for its slippery when wet clay filled soil, the Big Muddy offers options for those looking for an afternoon drive, those looking for an adrenaline kick or those looking for an escape from the city or those looking to spend a few days camping.

Castle Butte, though, is the must see site whatever your plans.

The 200-foot high free-standing hill is believed to be one of several terraced plateaus but really does have to be seen to be believed.

The most impressive part of the butte is that it looks equally amazing no matter how adventurous you find yourself during that visit. It's far from an easy climb to the top, but it's not like you need special shoes and climbing rope, either. Hiking shoes will do just fine. (One word of warning: though, climbing the butte is done at your own risk.)

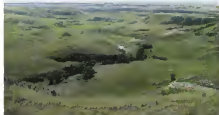


The wall of Castle Butte: the free-standing hill in the Big Muddy valley south of Bengough. QC PHOTO BY TIM SWITZER AND LEAH SHAFER

The Big Muddy, formed during the last ice age by melt water, is located roughly in the triangle formed between Bengough, Willow Bunch and Coronach.



One of the formations in the wall of the Big Muddy Valley south of Bengough.



A view down the Big Muddy Valley in southern Saskatchewan.

The view from the top was incredible, but walking around it on the narrow path halfway up was equally impressive. Oddly enough, the quarters of the walk around the station might be even better as you see the water and weather-worn slides cascade in and out.

While Castle Butte is free to see, it's also worthwhile to take a tour of the butte from Coronach. There

you can get full and half-day guided tours either as part of a large group or in the comfort of your own vehicle.

You'll make stops along the butte to see areas where archaeologists have excavated and begin to understand what was actually a very clear route for train robbers and the like of the day where they could

bounce across the Canada-US border depending on which authorities happened to be after them.

There are also cottages laid down on butte by First Nations people which have withstood the test of time, the remnants of the area's first North West Mounted Police detachment and an old schoolhouse all of which are behind lock and key on private land and can't be ac-

cessed by just anyone.

And there is a whole lot more to see in the area.

The 91 Visitor petroglyphs — located about 35 km west of Willow Bunch — are a sight to see. The glyphs are etched into the cliff face above the valley and while it's unknown who made them or how long they have been there, they're impressive nonetheless. If you're

somewhat not impressed, the view from the cliff is worth the drive to itself.

Willow Bunch is also the place to find out about the amazing and tragic tale of Edouard Beauger (better known as Le Grand Besage) of the Willow Bunch Giant who grew to be 8 feet 3 and 375 pounds and traveled with Barron and Lindley's traveling circus.



One of the outlaw caves on along the Big Muddy Bifurcation tour in southern Saskatchewan.



One of the more than 300 carvings at the St. Victor petroglyphs, found on a cliff face near Willow Bunch.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wednesday, Sept. 11

Wednesday Night Folk: The Vudu Hounds
Bushman
2206 Dewdney Ave.

Jam Night
Every Wednesday
McMills, 2226 Dewdney Ave.

160 Mile House
The Artful Dodger
632 11th Ave.

Thursday, Sept. 12

Don Williams
Carnegie Arts Centre
200 Lakeshore Dr.

Delight! Yvelene
Casino Regine Show Lounge
1860 Saskatchewan Dr.

Stephane Thomas
The Pump, 641 Victoria Ave E.

David Myles with Tim Chaisson
The Artful Dodger
632 11th Ave.

Lisa Nicole, Jason Thomas
The Club at the Exchange
2431 5th Ave.

The Milkmen's Sides with Reed Dunn
McMills, 2226 Dewdney Ave.

Friday, Sept. 13

A Drinking of Cowboy Stories & Song with Ian Tyson and Carl Lund
Casino Regine Show Lounge
1860 Saskatchewan Dr.

Big Chill: Fridays with DJ Rebel
The Lancaster, 4329 Gordon Rd.

Tom Holliston
The Club at the Exchange
2431 5th Ave.

Stephane Thomas
The Pump, 641 Victoria Ave E.

Alexis Hammond and Julie McDougall
The Artful Dodger
632 11th Ave.

Indie Night
Featuring Ink Road, Skylight, The Empire Associates and Vudu Hounds
The Artsian, 2627 13th Ave.

Harvest Dance
Featuring Black Drink Creek, Wildmen and Snake River
The German Club
1927 St. John St.

Gamer and White Women
O'Brien's, 1847 34th St.

Saturday, Sept. 14

The Best Decisions
The Mercant, 2936 13th Ave.

Worried Men - A tribute to Johnny Cash

Casino Regine Show Lounge
1860 Saskatchewan Dr.

The Assemblage
The Lancaster, 4329 Gordon Rd.

Stephane Thomas
The Pump, 641 Victoria Ave E.

DJ Night
The Artful Dodger
632 11th Ave.

Monday, Sept. 16

Monday Night Jazz & Blues
Whitebait Glen
Fishhawk
2206 Dewdney Ave.

Tuesday, Sept. 17

Jam night
Every Tuesday, 6 p.m.
Bushman, 2206 Park St.

Ellekt: Rived
The Artful Dodger
632 11th Ave.

Trash Talk with Tieg O'Connell, 1947 34th St.

COMEDY

Comedy Brind
Every Sunday night
Gallows, 3336 Dewdney Ave.

THEATRE

Reckless... A Football Play
Sept. 10
Weekly shows until Dec. 21
Applegate Dinner Theatre, 1975 Broad St., lower level

ART

Gabrielle Gerde-Lane: Gath and Light
Don't Me (Gathered) Decay
Coming into View: Her near the Professional Native
Indians Artists Inc.
Opening Reception: Sept. 12, 5-8 p.m. - Slate Fine Art Gallery, 2016 Halifax St.
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Until Oct. 4, Art Gallery of Regina, Neil Ruskell Arts Arts Centre, 3420 Elphinstone St.

Art 2.0: Aboard Through That Which is Seem
Until Oct. 17
Danish Art Gallery - Sherwood Village Branch, 6121 Rockdale Blvd.

Zena Wilson
Until Oct. 19, Myrtle Gallery, 2126 18th Ave.

How to Make a Monster
Until Oct. 20, Sask. Science Centre, 2903 Powerhouse Dr.

Zine Collective: The Substitutes and the Absence
Until Oct. 27
Danish Art Gallery - Central Branch, 228-12th Ave.

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Send events to QC@leaderpost.com

Greatest Hits: The June Tour of Canadian Art
Until Nov. 24, Muskegon Art Gallery, 3475 Albert St.

The Artists of South Saskatchewan Fine Arts
Now exhibiting quarterly. Until July 21, 2014, Regina Centre Crossing, 1001 Albert St.

Auribelle Gallery
2365 Smith St., Open Tuesday to Friday 10 a.m.-5 p.m., Saturday 10 a.m.-5 p.m.

Artspace Gallery
2145 Albert St., Open Tuesday to Saturday 10 a.m.-5 p.m.

State Fine Art Gallery
2070 Halifax St.
Open Tuesday to Friday 10 a.m.-6 p.m., Saturday 9 a.m.-5 p.m.

SPECIAL EVENTS

Trevor Harriot
A combination walk, talk and slide-show presentation of common birds in the back-

yard, hosted by the Regina Horticultural Society. Bring binoculars if you have them. Sept. 14, 9-10 a.m., Neil Gelfand Centre, 3620 Kipling Ave.

21st Style, Shopping Spree
Sept. 13, 4-10 p.m.
Now exhibiting quarterly. Until July 21, 2014, Regina Centre Crossing, 1001 Albert St.

Men's hockey
U of R Saskatchewan
Sept. 13, 2 p.m., The Cooperators Centre, 1001 Albert St.

Terry's Cause on Campus
Terry Fox Run/Obstacle
Sept. 14, 9 a.m.-11 p.m.
Dr. Lloyd Barker Academic Centre, U of R

AM National Order Event
Sept. 14-15, 11 a.m.
Kings Park Speedway

Men's hockey
U of R, Lethbridge
Sept. 14, noon, The Cooperators Centre, 1001 Albert St.

Devil-Saved Open Doors

Self-Guided Home Tour
Sept. 14, noon-4:30 p.m.
Walk up Langford Ave. to Church School, 3401 Metcalfe St., to begin. Tickets (\$10) are available at Christus & Joy, 4085 Albert St., Myrtle Gallery, 2155 13th Ave., or Arco, 103-108 Broad St.

Regina Pets vs. Brandon
Sept. 14, 7 p.m.
Bridle Centre, 1001 Albert St.

Saskatchewan Evangelists vs. Toronto Argonauts
Sept. 14, 7:30 p.m.
Mosaic Stadium

Men's hockey
U of R, Alberta
Sept. 16, 10:30 a.m.
The Cooperators Centre, 1001 Albert St.

Wagon Wheel Show
Sept. 15, 1 p.m.

Corneaus Arts Centre, 320 Lakeshore Dr.

Edmonton Rockies at Regina Thunder
Sept. 15, 2 p.m.
Mosaic Stadium

Welcome Wagon Wheel Show
Sept. 15, 2 p.m.
Corneaus Arts Centre, 320 Lakeshore Dr.

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Sept. 16, 10:30 a.m. in room 3025, Westblock Room, 2nd Floor, Gallery Building, 2001 College Avenue Campus

L.P. Backlines
Sept. 12, two sessions: 10-11:30 a.m., 1-2:30 p.m.
Regina Ford Conservatory, 14500 4th Ave.

Regina in person at the Conservatory

New York Islanders vs. Calgary Flames
Fri., September 14
Sept. 17, 7 p.m.
Bridle Centre, 1001 Albert St.

NEW MOVIES

Insidious Chapter 2
Horror
The haunted Lambert family seeks to uncover the mysterious childhood event that has left them dangerously connected to the spirit world. Starring Rose Byrne and Patrick Wilson

The Family
Comedy
A mafia boss and his family are relocated to a sleepy town in France under the witness protection program after switching on the mob. Despite the best efforts of Agent Grassfield (Timothy Lee Jones) to keep them in line, Fred

Golden Mile Shopping Centre
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Golden Mile Shopping Centre
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Golden Mile Shopping Centre
3020 Albert St., 309-309-10-10

Manoia (Robert De Niro), his wife Maggie (Michelle Pfeiffer) and their children Belle (Quinn Apter) and Warren (Joshua Burt) can't help but insert his old habits and slow their career by handling their problems the "family" way, enabling their former mafia cronies to track them down

Galaxy Cinema
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Complex Cinema
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Regina Public Library Theatre
233 12th Ave., 309-777-6124

Kramer Inn
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306-322-4429

Golden Mile Shopping Centre
3020 Albert St., 309-309-10-10

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MUSIC

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SASKATCHEWAN MUSIC SCENE

Grassroots Regina brings quality folk music to town



(From left) Karen Haggman, Brenda Thiele, Adam Gresham, Robert Thiele and Jocelyn Bissett are members of Grassroots Regina, which brings folk and roots music acts to the city. QC PHOTO BY TERENCE MCEACHERN

By Terrence McEachern

A handful of Regina residents were tired of seeing traditional acoustic folk and roots musicians pass by their city limits their next venue and decided to do something about it.

It led to the creation of Grassroots Regina — tasked with providing Regina residents this opportunity to experience that type of music through concerts, says Rob Gresham, one of the founders of the non-profit organization.

Gresham's helped lure Grassroots Regina on September of 2007 along

with Brenda Thiele, Jocelyn Bissett, Karen Haggman and Robert Thiele.

Since the inaugural show — Cars Left of the Road's 25th Anniversary Sept. 28, 2007 — nearly 60 acts have come to Regina, including James Karlingham, 100 Mile House, Del Bueche, White Horse, Earl Greyhound and Mary Gauthier.

Gresham and Gauthier's performance stands out, which he describes as "intriguing in an uplifting kind of way."

The next scheduled show is Andrew and Zachary Smith on Sept. 26 at The Club on 9th Avenue.

The organization meets twice a month to discuss applications it has received to play in Regina. The decision to approve a musical act must be unanimous among the five members.

Gresham notes there has been discussion at times with the decision-making process that has led to more acts not being presented. But that is what ensures the quality aspect of what they do as well as the criteria that acts "have to be good," said Gresham.

"We're very proud of that. We have never put on a show where we said, 'God, that's a awful show'."

Gresham and Haggman have book grounds with the Regina Guild of Folk Arts going back to the early 1980s and then later the Regina Folk Festival.

One change they have noticed since Grassroots Regina started is that the "cultural vibrancy" of Regina has improved, said Haggman.

That has led to competing venues such as the Artisan and the Creative City Centre and the Artful Dodger, opening their doors.

Haggman said new venues have not resulted in "bad competition." However, they have made it more difficult for the group to get the performers it

wants because wanted acts now have more options.

"From the artist's perspective, it's great," added Gresham.

Despite the organization's success there are still a few acts members would like to bring to Regina but fear are out of reach and have too high a price tag.

For Haggman, it's Roseanne Cash, who recently played at the Regina Folk Festival.

Gresham admits he'd like to see Leonard Cohen play an acoustic solo performance.

"Wouldn't that be cool?" he asked.



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ON THE SCENE

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QUEEN CITY MARATHON



Reginians began run walks across the morning of Sept. 8 with the 18th annual Queen City Marathon. More than 4,500 people headed up for the various events, which included a sunny full-marathon, half-marathon, and shorter runs and

walks. For the third year in a row, Brandon Lundy of Comrose, Alta., came in first place in the 42.2-kilometre full-marathon, completing the course in two hours, 27 minutes, 44 seconds. Jenna Hunk of Saskatoon finished first in the half-marathon

run, while Charlene Swanson of Tarnation was first in the half-marathon walk.

1. Jenna Meyer, Sherry Kampman and Kirsta Meyer replaced for missing non-participants.
 2. Theresa Dunn wants to get the attention of

Sherrya Durant (not pictured)

3. Lynn Crook and Julia Crook Devitt

4. Nancy Strand hugs a runner

5. A group poses for a photo

QC PHOTOS BY MICHAEL BELL

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ON THE SCENE

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#QUEEN CITY MARATHON



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Mosaic

ASK ELLIE

Time apart best thing for recently broken up couple

Q My girlfriend and I broke up

At first, it'd seemed like nothing could go wrong. Her whole family and friends accepted me.

Her friends said she was starting to fall for me. But then I felt she was holding stuff from me. She said she wasn't.

A week later she gave me a day long text because her friend thought I was hot. She said she'd changed herself. Does me to see if I'd flirt with her friend. I passed the test.

The next day, she was again distancing herself, so I gave her space and some back, finding her alone with this dude.

When we eventually started to talk she doubted us as a couple, saying that she pictures me with her friend.

I later learned she still had feelings for that guy she'd been with 1 1/2 years out of proportion.

She said I should've treated her that nothing would happen between them. We both cried. She felt we rushed all sex and it was stressful for both of us.

Ask Ellie



Finally she said she doesn't want to break up, so we just got to get to know each other.

I kept pushing to make things work and I believe I drove her crazy, asking do you really want to work things out and if she still liked me?

She said she still had feelings, but a lot's going on and I'm going through a lot. I finally pushed for a definite answer.

She said she thinks all we could be is friends, maybe, so she'd started talking to the other guy.

The next day I messaged her that I was 1 to be mean, and apologized for questioning us and not trusting her. I said I'd love a second chance

anyday a fresh start.

I've had no reply and now I've lost her forever and I'm in love with her and would do anything to get her back.

Desperate

A The daily doubts, tests, distancing, and discussions add up to a relationship that never got off the ground. Neither of you felt secure. It was too fast, too intense, with too much analysis, and then back tracking.

You both need a break from the pressure of trying to know if you have something worth trying again, or not.

You both seem young and inexperienced in relationships beyond early dating. That's normal, so don't push it to places you don't yet know how to handle. Nothing, including the breakup, is forever at this point. If you contact her, do so without pressure or questioning her about the future, just occasionally checking in as a caring friend.

Let time help you both get more confidence about yourselves, and

handling relationships, before you talk about trying again.

Q My close friend hung up on me one day without saying why she suddenly got angry. I called, tried to apologize for any offense, but got no reply. Several months later, she called and acted as though nothing happened.

I've wanted to know what happened, but when we talked again, she said her parents were divorcing. The conversation was all about her heart, and sadness, so I didn't ask if it was related to her hanging up that day.

Is it wrong for me to pursue this now?

Still Wondering

A Drop it. She shared a personal and emotional family crisis with you, and that shows her trust and feeling of friendship.

The hang up could've been for many reasons, related to her dealing with her parents' story.

Q My female friend of several

years, 28, used to be close but due to distance and life events, we've become occasional text and Skype acquaintances.

Her relationship (one year) was troubled; she'd only contact me about her problems. She'd rarely ask about my life. He broke up with her in April.

She still keeps asking, "Why he did this, how could he have another girlfriend," etc.

She's miserable because she can't get a job, or find another boyfriend.

I've tried to be supportive, but I'm over-rehashing these issues.

How can I put an end to her analyzing this situation, without evoking her more sad (she can be apathetic and we know the same people)?

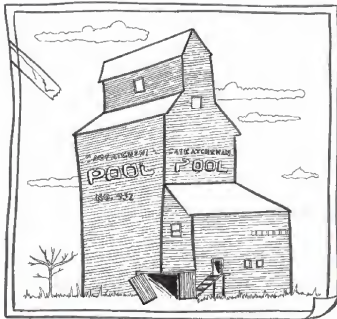
End Contact?

A Delay contact. Say you're busy with work on a few days. Then do, with fulsome chatter about your own life. When she poses the old questions, say "I don't know," and keep talking about you. She's too self-interested to stay connected.



Next week in
QC
Chiropractic
treatment for
children and infants
gaining popularity
in the province

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McElroy creates a timely illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email to: oc@leaderpost.com by 5 p.m. Monday. One winner will be chosen each week. Please send **high resolution pictures** and include the child's name and contact information.



Last week's QC colouring contest winner was **Karsten Graham**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

GLEN LARSON

Come Hell or High Water

Come Hell or High Water takes place over 10 days in the summer of 1870.

While people on the Prairies struggle to survive, word events swirl around them. Hitler and Mussolini are on the march, testing their military machines on the Spanish Civil War. On the banks of the Willamette-Simpson, General George V has just been crowned King of England. The fledgling DCF is attracting attention from disreputable/warty gobs here. And on matter about the topic.



Glen Larson

under discussion. It is permeated by the pervasive malice of dust.

I set out simply to record some family anecdotes for posterity. It evolved into a snapshot in time. What exactly did people think about during this devastating time as the prairie? What did they talk about? How did they cope with the certainty of yet another crop fail here, one which would dwarf all the previous years of poor harvest?

My research took me to places I had never considered before. I discovered that it is one thing to look back on history in perfect hindsight and see how events unfolded. It is quite another to try to guess at exactly what passed through people's minds while they lived through the times.

The story tells of two prairie families that lived through that dreadful summer of 1870. Viewing history from my own experiences on the farm, I tried to capture their moods, their fears and their courage. It is, I believe, an honest and direct portrayal of life in that level period of time. As I point out on the cover page, it is a snapshot yet far from exact time.

And yet it is not all doom and gloom. They are determined to take the time to live, and the story celebrates all the local sports, a mastery of those bygone days and one which seems to have faded by the wayside in our modern, high-tech age.

As a server, reader, computer user, or search information, only as

short a time frame presented a lot of a challenge. While the story is a work of historical fiction, there are some factual authors it could not avoid sharing with my readers. To this end, I decided to cheat a bit and added as "afterthoughts of historical moments" at the back of the book. If I could make one recommendation, it would be to please the audience before reading the story. It may shed just more light on the time.

Available for only \$10 at McSally Robinson and Goodreads Marketplace in Sedro-Woolley, and The Artful Dodger in Bellingham. It is also available as a Kindle at Amazon.com. Check out my website at glenlarson.com for more info. Available in its most complete on the Amazon site.




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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Don + don + don
3 Little flycatcher
11 We... the 90s?
14 Overstuffed +
concord
15 Casual on the Village
3 mix
16 ... health (padding
form)
17 First name in folk
18 Like a secretary's
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19 Confessional
concord
20 What paper profits
when?
22 One last course
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23 Counting out rhyme
fun
25 Got rich (started in)
in 1990
26 Road driver
27 Here where news
media "hottest" in
business
31 Anthropologist with
variable foot lengths
34 What's misquoting
data
38 Kind of cat
39 Sex + hotline
40 Type ...
42 ... with "set"

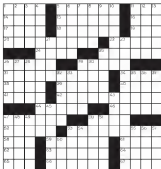


ILLUSTRATION BY JIMMY KIMBLE

DOWN

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DATE NIGHT

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JANNIC CLASSIC SUDOKU

Level: Beginner

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Solver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27.

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WHAT WOULD YOU DO WITH \$100,000?

SHARP EATS

SASKATCHEWAN FOOD TRENDS

Saskatoon food trucks trail Regina in numbers

By Jenn Sharp

Back in June, I wrote about Regina's explosive food truck scene. At that time, the Quercy City had six food trucks — more than, at least one more has joined the fray. While the trucks may be found at various locations in the city, most are up and running near the City Square Plaza downtown for the lunch crowd. The best way to find out where your favourite truck will be is to follow (or friend) trucks or that truck's Twitter feed for updates.

In Saskatoon, it works a little differently as there's not a central place for the trucks to convene (although they can be found in the downtown core during the noon hour on week days). Finding your truck of choice can be a chore because, unlike in Regina, there's no centralised Saskatoon Twitter handle. The individual trucks have Twitter and/or Facebook which I've included here.

Regina has really been making the food truck scene in Saskatchewan. It took longer for legislation to be passed in the Regina City Council it was, several citizens had problems getting for (keeping) a truck up and running. The City of Saskatoon has currently only 20 in or there because that is how trucks to park and operate as public property (parking stalls). Other cities are attempting to be licensed to operate only on private property or at least have different rules. However, in Regina, you can park, operate just at the local level. However, at the local level, some owners will be wanting their trucks into October or November.

DISCO DOG

TWITTER: @disco_dog_truck

WHAT TO EXPECT: Disco Dog has been hitting it on the food truck scene, starting up around the city during the day and outside after dark. The first hit to the streets of Saskatoon in July, so founder Chris Pongras will announce holidays and special events in the near future.



Saskatoon's Disco Dog serves up gourmet hotdogs and sausages with unique toppings on some baked beans. Photo: QC REPORTS BY MICHELLE MANN

What makes owner Rick Norman's truck better than your average hotdog seller? Apart from the disco ball and techno tunes, it's that these dogs serve up stone-baked, oven-baked brushed with extra virgin olive oil.

DISCO DOG: Rick Norman's — bacon, spinach and artichoke cream cheese pasta-dressed tomato, green onions, red and green peppers.

PRICE: \$5 to \$9.50 (sausage is \$1 extra, veg options too)

JOY RIDE

TWITTER: @joyrideqr

WHAT TO EXPECT: The beautiful at Westerns owner Dan Walker, Joy Ride was eagerly anticipated for many Saskatoon foodies. People waited in long lines on the opening day (July 26) in front of City Hall for the globally

inspired ride. After an incredibly busy opening week, Walker unfortunately had to shut the truck down shortly after due to mechanical failures. Walker's Joy Ride reopened on Sept. 6.

DISCO DOG: Rick Norman's — Bacon, spinach and artichoke cream cheese pasta-dressed tomato, green onions, red and green peppers.

PRICE: \$5 to \$9

YUMM TRUCK

FACEBOOK: Yummtruck

WHAT TO EXPECT: Delicious, savory waffles, homemade cheese cakes and a healthy kale smoothie. Linda Bault and Jon Jones are changing their menu to cater to the Saskatchewan crowd, though still looking for new chili and sweet and sour meat balls. The duo is planning an October Yumm going into November on 60th Street and Miller Avenue.

DISCO DOG: Rick Norman's — Bacon, spinach and artichoke cream cheese pasta-dressed tomato, green onions, red and green peppers.

homemade waffles with bacon and cheese in the batter, seasoned chicken in a pork chili with a touch of maple syrup, fresh berries, and sausage.

PRICE: Waffles \$7 to \$9, add \$2 for gluten free.

SNACK

FACEBOOK: Snack

WHAT TO EXPECT: The Snack truck takes snack food to a new level. Rasta Gummies and Kanga Praline use local ingredients to produce original eats almost too pretty to be eaten on the street. Look for them at most fairs and the Saskatoon Farmers Market until mid-October.

DISCO DOG: Rick Norman's — Bacon, spinach and artichoke cream cheese pasta-dressed tomato, green onions, red and green peppers.

PRICE: \$2 to \$9

Regina food trucks on Twitter

THE BIG TACO:
@BigTacoRegina

ROCK 'N' GRILL:
@rockngrill

RASBY CAFE:
@rasbycafe

BON BURGER:
@bonburger

SALSA PERISA TACO TRUCK:
@SalsaPerisaTaco

PIERRE (SMOKE AND SPICE):
@PierreSmoke

BEAKS CHICKEN:
@beakschicken

WINE WORLD

GRAY MONK

Enjoy this blended wine's balance, refinement

By James Romanow

A wine like Chardonnay or Sauvignon Blanc can easily become a little too much. Chardonnay can seem downright greasy, for example, and Sauvignon Blanc can be too sour. And if you drink either exclusively, you're likely becoming bored with them. I want to do

You can blend these two or any other wines and solve much of the problem. In the Bordeaux — a location that causes cork dorks to fall on their knees shouting "I am not worthy!" — pretty much all whites and reds are blended and the whole blend of choice is Sauvignon Blanc and Semillon.

Semillon is more or less unknown to most Canadians. It has a texture and viscosity similar to Chardonnay. The Sauvignon Blanc is added to the blend for the bracing acidity that helps your tongue recover after the buttery flapped lobster or shrimp that preceded the sip. On this side of the Atlantic, the vintners came up with the term "Meritage" to describe both red and white blends that are modelled on Bordeaux wines.

Gray Monk Odyssey White Meritage, Canada (2011) \$35 ****

It is also a first rate drink by itself.

It doesn't leap out of the glass, and I expect such restraint will prevent high scores when tested alongside another 50 wines. But if you like and understand white, the balanced and refined I think you'll quite enjoy it. Now it may seem more like you drink it a bit warmer than fridge temps, sure, maybe 10 or so degrees.

Gray Monk Odyssey White Meritage, Canada (2011) \$35 ****

Wine wise on your doorstep? Read Monday's Leader Post and save and other opinions on Twitter @jimbooster



Crossword/ Sudoku answers

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10

3	4	9	7	5	2	6	8	1
5	6	8	9	4	1	2	7	3
1	7	2	6	8	3	9	4	5
6	3	5	2	9	8	4	1	7
2	8	7	1	3	4	5	6	9
9	1	4	5	6	7	3	2	8
7	5	6	8	2	9	1	3	4
8	2	3	4	1	5	7	9	6
4	9	1	3	7	6	8	5	2

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Saturday, October 12
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